



Recreation Guide

Town of Superior Parks, Recreation and Open Space Department



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May - August 2013

www.superiorrec.com

REGISTER NOW! Online and Walk-in Registration begins **April 15th!**





Helpful Contacts

Alan McBeath

Superintendent of Parks and Open Space

303-499-3675 ext. 171, alanm@superiorcolorado.gov

- Parks/Open Space
- Trails
- Irrigation

Patrick Hammer

Superintendent of Recreation

303-499-3675 ext. 119, patrickh@superiorcolorado.gov

- Recreation Services
- Recreation Facilities
- Community Outreach

Bryan Meyer

Recreation Supervisor

303-499-3675 ext. 163, bryanm@superiorcolorado.gov

- Aquatics/Swim Lessons
- Fitness
- General Recreation

Lydia Yecke

Recreation Coordinator

303-499-3675 ext. 166, lydiay@superiorcolorado.gov

- Facility and Field Rentals
- General Recreation

Katie Rummel

Events and Volunteer Coordinator

303-499-3675 ext. 167, katie@superiorcolorado.gov

- Community Events
- Community Volunteer Opportunities

Milisa Miller

Multi Media Graphics Specialist

303-499-3675 ext. 161, milisam@superiorcolorado.gov

Sports Field Weather Hotline

720-304-3707

Our Mission

The Town of Superior Parks, Recreation and Open Space Department strives to provide the community with the highest quality of life through the balance of Parks, Recreation and Open Space, the care of natural and created resources, community events, programs, and opportunities for residents to participate, while maintaining the best possible customer service in the most cost effective manner.

This publication is provided by the Town of Superior Parks, Recreation and Open Space Department located at 127 E. Coal Creek Drive, Superior, Colorado 80027. For additional information please call **303-499-3675** or visit the Town's website at www.superiorcolorado.gov.

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Summer Registration Information

REGISTRATION TIPS:

- Registrations will be processed on a first come basis.
- Fax and mail registrations will receive second priority to walk-in registrations depending on the date they are received.
- Be sure to fully complete your registration form including the 8 digit code number of the class, and all other requested information.
- Don't forget to sign the waiver.
- Be sure to submit your registration and payment early so that you do not miss the registration deadlines.
- If using a credit card for the convenience of fax and mail registration please note that we accept VISA and MASTERCARD. Include the 16 digit card number, expiration date, 3 digit security code located on the back, as well as the card holder's name.
- Be sure that your check or money order is made payable to the Town of Superior for all ToS programs, or to the agency or company specified in the class description.
- Phone-in registration is not acceptable.

STEPS TO REGISTERING:

Online:

Go to www.superiorrec.com to register online. Return registrants need their Household ID number. You can also check out our activities guide online and see what's new for the Town of Superior at www.superiorcolorado.gov.

Drop it off:

Drop off completed registration forms and payment at Superior Town Hall, 124 E. Coal Creek Dr. Payment by cash, check, VISA, and MASTERCARD are accepted.

Town Hall Hours

Monday-Friday: 8:00 a.m.-5:00 p.m.

Closed Saturdays, Sundays and Holidays

Mail it in:

Town of Superior PROS, 124 E. Coal Creek Dr., Superior, CO 80027. Make payment to the Town of Superior. A receipt will be mailed to you on the day that your registration is processed. Mailed in registrations must be received prior to the activity registration deadlines.

Fax it in:

Fax your completed registration (VISA or MASTERCARD only) to the Town of Superior PROS office at 303-494-2521. A receipt will be mailed to you on the day that your registration is processed.

Please note:

Registration deadlines for some Adult and Youth Sports programs may overlap more than one recreation guide. Please check for early bird and registration deadlines for each activity to ensure on-time registration.

ACTIVITY CANCELLATION/REFUND POLICY

- Classes cancelled by the Town of Superior will be refunded 100%. The cancellation request form is not necessary for these cancellations. Classes can be cancelled due to insufficient enrollment or inclement weather.
- Cancellations prior to the registration deadline will be refunded 100%.
- Cancellations after the registration deadline or after the **first class** will be charged a \$10 processing fee if it does not drop the class below the minimum enrollment. Cancellations that result in dropping the class below the minimum enrollment will not be given a refund.
- Requests for cancellations must be given to the PROS Department **no later than 1 business day after the first class** or refunds will not be given.
- Cancellations/transfers requested after a one day class will not be refunded.
- Refunds will not be given for punch cards.
- There is no transfer fee.

MINIMUM/MAXIMUM ENROLLMENT POLICY

Classes have set minimum and maximum participation numbers. Early registration is recommended for all classes and will help ensure that the minimum participant number is met. If the minimum is not met, the class will be cancelled and transfers, refunds or credits will be made. Participants will be notified of all cancellations.

3 WAYS TO REGISTER



Online:

Go to www.superiorrec.com to register.



Mail it in:

Mail completed registration form and payment to: **Town of Superior, Attn: PROS, 124 E. Coal Creek Dr., Superior, CO 80027.**



Fax it in:

Fax your completed registration (VISA or MASTERCARD only) to the Town of Superior PROS office at **303-494-2521.**





Town of Superior
Parks, Recreation and Open Space
Activity Registration Form

Town Hall • 124 E. Coal Creek Drive • Superior, CO 80027
 303-499-3675 • 303-494-2521(fax) • www.superiorcolorado.gov

Parent or Primary Guardian

Last name _____ First Name _____
 Address _____ City _____ State _____ Zip _____
 Best Phone Number to be Reached at _____ ☐ Home ☐ Cell ☐ Work
 Alternate Phone Number _____ ☐ Home ☐ Cell ☐ Work
 Email Address _____
 Emergency Contact _____ Phone Number _____

Complete This Section to Register for Programs

Participant Name	M/F	Birthdate	Program Name	Activity Number	Fee

Town of Superior Refund and Transfer Policy

If cancelled by Town	100% Refund	Cancellation 1 business day after the first class	No Refund
If cancelled before registration deadline	100% Refund	Cancellations/Transfers after 1 day class	No Refund
If cancelled after registration deadline or after the first class (does not drop min.):	\$10 Fee If drops minimum: No Refund	Transfer Fee	No Cost

Liability Release - Read Carefully

I AGREE TO INDEMNIFY AND HOLD HARMLESS THE TOWN OF SUPERIOR, ITS OFFICERS, EMPLOYEES, AGENTS, CONSULTANTS, SUBCONTRACTORS, INSURERS AND REPRESENTATIVES (COLLECTIVELY THE "TOWN"), FOR ANY LOSS, DAMAGE OR INJURY TO MYSELF OR MY PROPERTY IN ANY WAY RELATED TO MY PARTICIPATION IN TOWN PROGRAMS. THE RELEASE OF LIABILITY APPLIES TO ME AS WELL AS ANY OF MY CHILDREN, PERSONAL REPRESENTATIVES, ASSIGNS, HEIRS AND NEXT OF KIN. I AUTHORIZE THE TOWN IN A MEDICAL EMERGENCY TO SEEK EMERGENCY MEDICAL ASSISTANCE AT MY EXPENSE. I GIVE PERMISSION TO THE TOWN TO USE ANY PHOTOGRAPHS, VIDEOTAPE OR OTHER MEDIA RECORD OF MY PARTICIPATION IN TOWN PROGRAMS FOR ANY LAWFUL PURPOSE, WITHOUT COMPENSATION.

Signature of Participant _____ Date _____
 (or parent/guardian)

Information provided here is for the Town of Superior use only. We do not share information with outside sources.

Fee Information and Payment (OFFICE USE ONLY)

Total Fees \$ _____ ☐ Cash ☐ Check # _____ ☐ Visa/MC # _____ Exp. Date _____
 Registration Initials _____ Date _____ Receipt Number _____

Superior Parks, Athletic Fields and Shelters

Please see map on last page for locations

Map Location Back cover		Turf Field	Ball Fields	Playing Fields	Tennis Courts	Sand Volleyball	Basketball Court	Skate Park	Bike Park	Dog Park	Disc Golf Park	Playground Equipment	Shelter	Restrooms	Drinking Fountain	Electricity	Picnic Tables	Bar-B-Q Grill	Parking	Walking Trail Access	Available for Reservation
1	Big Sagamore 322 Cherokee Avenue											•					•			•	
2	Cabin Park 2837 Flint Court											•					•			•	
3	Castle Park 3924 S. Torreys Peak Drive											•					•			•	
4	Children's Park 400 S. 2 nd Avenue											•	•	•			•				
5	Circle Park Rock Creek Pkwy and S. Coal Creek Drive																•			•	
6	Community Park 1350 Coalton Road	•	•	•			•					•	•	•	•	•	•	•	•	•	•
7	Fire Station Park 3181 Torreys Peak Drive											•					•			•	
8	Grasso Park 124 E. William Street																•			•	
9	Asti Park & Historical Museum 110 Maple Street Museum open 10am-2pm 1 st Sat. of each month													•			•	•		•	•
11	Little Sagamore 350 Cherokee Avenue											•					•			•	
12	North Pool Park 1650 S. Indiana Street				•							•		•			•			•	
13	Pirate Park 1412 Hyacinth Way											•					•			•	
14	Purple Park 1310 S. Pitkin Avenue					•						•	•	•	•	•	•	•	•	•	•
15	Riverbend 1055 E. Riverbend Street																•			•	
16	South Pool Park 3300 Huron Peak Avenue							•				•	•				•		•	•	•
17	Founders Park 601 W. Coal Creek Drive		•	•			•					•	•	•	•	•	•	•	•		
18	Autrey Park Rock Creek Pkwy and Honey Creek Lane								•	•	•			•	•		•		•	•	

Facility Reservations

Parks, shelters and athletic fields are available to rent. All reservations must be made at least 2 weeks in advance and require a \$200 deposit that will be refunded within 30 days after the reservation. Reservations may be made during business hours at Town Hall, by fax or email. Deposit and fees are due at the time of reservation. Please use the reservation form located on the next page.

North and South Pools are available to rent for birthday and private parties. Please see page 12 for more information.

Park Shelter Permit Dates

January - April

Permits available now

May - August

Permits available 4/1/2013

September - December

Permits available 8/1/2013





Town of Superior
Parks, Recreation and Open Space
Park, Shelter & Pool Permit Application

Town Hall ▪ 124 E. Coal Creek Drive ▪ Superior, CO 80027
 303-499-3675 ▪ 303-494-2521(fax) ▪ www.superiorcolorado.gov

Contact Information

Organization Name _____ Date _____
 Address _____ City _____ State _____ Zip _____
 Last name _____ First Name _____
 Best Phone Number to be Reached at _____ ☐ Home ☐ Cell ☐ Work
 Alternate Phone Number _____ ☐ Home ☐ Cell ☐ Work
 Description of Event _____ Email _____

Event Information

Description of Event _____ Estimated Attendance _____
 Dates (MM/DD/YY) _____ Days ☐ Su ☐ M ☐ T ☐ W ☐ R ☐ F ☐ S
 Time Range _____ am/pm to _____ am/pm
 Equipment you would like to bring (bounce house, tent, etc.): _____

Requested Location(s): please check applicable

Parks (fee/hour)	Resident	Non-Resident	Non-Profit
Purple Park			
<input type="checkbox"/> Upper	\$10	\$15	\$5
<input type="checkbox"/> Lower	\$10	\$15	\$5
<input type="checkbox"/> Volleyball Court	\$10	\$15	\$5
<input type="checkbox"/> Asti Park Picnic Area	\$10	\$15	\$5
Park	Resident	Non-resident	Non-profit
Founders Park Pavilion	\$40	\$50	\$30

Shelters (fee/hour)	Resident	Non-Resident	Non-Profit
<input type="checkbox"/> Community Park Shelter	\$10	\$15	\$5
<input type="checkbox"/> Purple Park Shelter	\$20	\$25	\$15
<input type="checkbox"/> S. Pool Park Shelter	\$10	\$15	\$5
Daytime Pool Rental (fee/hour)			
<input type="checkbox"/> North (10-20/21-35/36-50 people)	\$20/30/40	N/A	\$11/21/31
<input type="checkbox"/> South (10-20/21-35/36-50 people)	\$20/30/40	N/A	\$11/21/31
<input type="checkbox"/> Evening Pool Rental	Contact PROS Office for Pricing		

PLEASE NOTE:

- Motorized vehicles are not allowed beyond parking areas (including vehicles used for unloading or loading supplies and equipment). Exceptions are rare and require prior written approval by the Parks, Recreation and Open Space Department.
- If a large number of attendees is expected, please bring additional trash bags to accommodate waste. Please leave the full bags next to the permanent trash bins for pick-up.
- A liquor permit is required to serve alcohol on any Town of Superior property. Application and fees for liquor permits must be submitted to the Town Clerk a minimum of 30 days before your event.

Daytime Pool Parties

Parties consisting of 10 or more non-family members gathering in an organized group are responsible for making a pool party reservation. Fees are charged to reserve the facility for the event, and do not cover the daytime entry fees of any non-resident of the Town. One(+) Lifeguard and two tables shall be reserved for the party guests. Non-residents of the group shall be charged the applicable guest fees separate from any reservation fees, and may not enter the facility without the accompaniment of a resident. Please Note: Pool reservations during normal operating hours are non-exclusive. User groups will be expected to share the pool area with the rest of the public.

Facility Use Permit Agreement

Allocation of Use Permits

- Facilities will be released for reservations 3 times a year. The following are release dates for 2013.
Winter Release: Opens December 1, 2012 – for periods January 1, 2013 – April 30, 2013.
Summer Release: Opens April 1, 2013 – for periods May 1 – August 31, 2013.
Fall Release: Opens August 1, 2013 – for periods September 1 – December 31, 2013.
- The Town reserves the right to increase or decrease the number of permits or time of use based on changes in need, availability or fields due to maintenance, priority scheduling, abusive use and/or failure to use assigned fields, failure to pay fees, failure to pay fees in a timely manner. Facilities will be designated “unusable” for 30 minutes between reservations to give Town Staff time to inspect and prepare the facility for the next user group.
- Space accommodations for concessions are available at Community Park. All concessions must be pre-approved on the permit application.
- Special events that include more than 200 participants at any one time may be subject to review and additional requirements. Portable toilets may be requested at user expense. The contact person or designee is responsible for providing traffic and medical plans. The impact of special events on fields and facilities are subject to annual review to determine the number of special event permits that may be issued in the future.

Cancellation/Refund/Transfer Policy

The Town reserves the right to cancel use of a park, facility or pool due to needed maintenance, facility conditions, or inclement weather. The Town will make every attempt to arrange maintenance operations around scheduled reservations. If unavoidable, the user group will be credited for canceled time.

- If the facility is closed by the Town, 100% of the fee will be refunded.
- Refunds will be made by check and mailed within 4 weeks of cancellation. Refunds by cash or credit card are not available.
- If a permittee cancels their reservation at least three business days before the start of the reservation, 100% of the fee will be refunded.
- If inclement weather causes the permittee to request cancellation of the reservation, the PROS department staff must be notified within 24 hours following the reservation in order to refund 100% of the fees. Refunds may not be considered after 24 hours.
- Fees for staff to complete field line, drag or prep before the notification of cancellation may not be refunded.
- A facility reservation change form must be completed and a fee of \$10 will be assessed for each occurrence of reservation changes.

Weather Closure Rules & Regulations

- The Department of Parks, Recreation and Open Space (PROS) will determine if the fields are playable due to weather and/or field conditions. Weather closures are not made before 3pm on weekdays and 8am on Saturdays and Sundays. Permittees should call the weather information line (720-304-3707) after 3pm on weekdays and after 8am on Saturdays and Sundays. Do not call the Recreation Office for weather/field closure information.
- No motorized vehicles are allowed on the fields at any time, and vehicles are not permitted to clear off snow.
- Permittees are not allowed on to the fields once they have been closed due to weather and/or field conditions.
- Any violation to these rules and regulations will result in a fine of \$500, and additional fines will be charged for damages. Continued violation will result in addition fees of the following: 2nd violation \$550 fine, 3rd violation \$600 fine. Three violations in a year will result in the revocation of the user's privileges.

Damage/Clean Up Deposit and Fees

A refundable \$200 damage deposit is due upon permit application for all user groups. The contact person, by signing the Facility Use Permit, is responsible for any costs associated with damage to parks, facilities or pools. Any costs for damage to the facilities beyond \$200 will be assessed by the PROS Department and billed to the contact person for the user group. Facilities will be designated as “unusable” for 30 minutes between reservations to give Town Staff time to inspect and prepare the facility for the next user group.

Waiver of Liability

I have read and fully agree with and accept all responsibility for the terms and conditions of this permit. I certify that all information provided in this Facility Use Permit agreement is true and complete. I understand that false information or omission thereof may result in the termination of this and any other Town of Superior Parks, Recreation and Open Space facility use agreements. I further certify that I have read, understand, will abide by, and will communicate to all individual users, all procedures rules, and regulations as stated herein.

Printed Name _____ Signature _____ Date _____

Fee Information and Payment (OFFICE USE ONLY)

Total Fees \$ _____ ☐ Cash ☐ Check # _____ ☐ Visa/MC # _____ Exp. Date _____

Registration Initials _____ Date _____ Receipt Number _____

Town Committees and Commissions

Get Involved in your Community!

The Town of Superior has many opportunities for you to help shape the future of your community. Please look for openings on the following committees in your monthly newsletter. All meetings are open to the public.

Open Space Advisory Committee (OSAC)

OSAC meets the 2nd Wednesday of each month from 7:00 pm to 9:00 pm at the Superior Town Hall. It is a nine-member committee that serves solely in an advisory capacity and makes recommendations to the Town Board on matters such as:

- Areas appropriate for open space designation as wildlife habitats, trails or other similar purposes.
- Community services and amenities that will be provided by the purchase by the Town of natural open space.
- Work with Town staff to periodically review and evaluate the management policies and procedures of Open Space lands.

Parks, Recreation, Open Space and Trails Advisory Committee (PROSTAC)

PROSTAC meets the 3rd Wednesday of each month from 7:00 pm to 9:00 pm at the Superior Town Hall. It is a nine-member committee that is composed of two recreation advocates, two parks advocates, two open space advocates (filled by OSAC members), two trails advocates and one at-large advocate. PROSTAC serves solely in an advisory capacity and makes recommendations to the Town Board on matters such as:

- Continuing to assist with parks, recreation, open space and trails issues and recommending implementation of the master plan.
- Assisting with the development of the 5 year Implementation Action Plan and with the implementation of the Master Plan action items.
- Reviewing and commenting on staff's annual work plan.

Recycling and Conservation Advisory Committee (RCAC)

RCAC meets the 2nd Thursday of each month from 5:30 pm to 7:00 pm at the Superior Town Hall. It is an eight-member committee that serves solely in an advisory capacity and makes recommendations to the Town Board on matters such as:

- Examining the needs of the Town for recycling and conservation activities that are not already in place, and to assess the current waste diversion programs.
- Assisting the Town Board in establishing priorities for the implementation of recycling and conservation activities, fund permitting.
- Examining and making recommendations to the Board on possible sources of funding for the implementation of recycling and conservation activities.

Planning Commission

The Planning Commission meets the 1st and 3rd Tuesdays of each month at 7:00 pm at the Superior Town Hall. It is a nine-member board appointed by the Board of Trustees. This quasi-judicial board is responsible for developing recommendations for the Town Board regarding the Superior Comprehensive Plan. It is also responsible for the review of development proposals within the Town of Superior.

Superior Historical Commission

The Superior Historical Commission meets the 3rd Friday of each month from 10:00 am to 12:00 pm at the Superior Town Hall. It is a nine-member committee that serves solely in an advisory capacity and makes recommendations to the Town Board on matters regarding historic preservation. To be eligible, you must have attended at least seven meetings in one year. Non-residents are eligible.

Get Involved
in Your Community!



coal creek Meals on Wheels

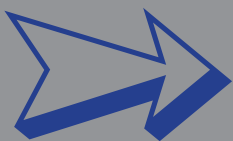
Coal Creek Meals on Wheels provides daily nutritious meals and related support services to members of our community in need, helping them to live with dignity in their own homes.

Adults of any age or income level having difficulty preparing meals are eligible for this incredible service.



- Delicious lunches are delivered Monday - Friday
- The first week is FREE!
- A friendly visit with every meal
- No income restrictions
- No age restrictions

Individuals returning home from the hospital are eligible for 5 free meals through our short-term program Project Homecoming. This is a program designed to provide out-going patients a smooth recovery upon their release from the following hospitals: Boulder Community Hospital, Longmont United Hospital and Exempla Good Samaritan Medical Center.



Superior residents may sign up online at

WWW.COALCREEKMOW.ORG or call 303-665-0566.

Streets Fitness

Streets Fitness fills the demand for a different kind of workout that features cardiovascular conditioning, strength, core and technical training. The fitness facility includes a full line of FreeMotion weight equipment, cardio machines, and a variety of classes per week that include core conditioning, body sculpting, boxing, and kickboxing.

Location: 480 W. Dahlia, Louisville, 80027

Punch cards can be purchased at the Town of Superior (124 E. Coal Creek Dr.) or www.superiorrec.com

Cost: 18 punch workout card \$216

9 punch workout card \$117

3 punch workout card \$45

Class Drop-In Fee \$20 per visit

Facility Use Fee \$10 per visit



Monday-Thursday: 6 am-9 pm

Friday: 6 am-8 pm

Saturday/Sunday: 8 am-2 pm

All classes are 55 minutes

BOXING: Proper technique, defensive movement and footwork. Use heavy bags and punching mitts. Get a pro boxing experience that will leave you beat (but not beat up). Wrap up with core blast, cool down and stretching.

KICKBOXING: Abs, arms, legs, glutes... this class hits you where it counts! Practice kicking, punching and proper technique with heavy bags, mitts and drill circuits. Core, cool and stretch.

THE GRID: Anything and everything. This class focuses on weight lifting, cross training, outdoor training, kettle bells, Olympic lifting, cardiovascular activity, you name it! Never the same thing twice and guaranteed to be a GREAT workout. *Boulder County's Workout of the Year 2011 (Daily Camera 12/27/2011).*

SAND BOX: The ultimate cross training class involving sand bags, bodyweight exercises, kettle bells, functional training, and even a little boxing. This Grid style workout will challenge you, so be prepared to WORK!!

CORE BURN: Carve your core with this 100% core blast! Abs, back, legs and glutes will feel the burn.

SPARRING: For those with some experience in the basics, take your skill to the next level. Evaluation by one of our trainers and some additional gear is required before jumping in the ring with this class.

THE BLOCK: Ages 9-13. Learn how real boxers and kickboxers punch kick and move. Use all of the real stuff like bags & mitts to get faster and stronger.

Streets Spring/Summer Schedule May - August

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 am	The Grid	Boxing	The Grid	Sand Box	The Grid
9:00 am	Sand Box	The Grid	Sand Box	Boxing	The Grid
10:00 am	CrossFit		CrossFit		CrossFit
12:00 pm		The Grid		The Grid	
4:00 pm			The Block		The Block
5:00 pm	Kickboxing	Boxing	Boxing	Sand Box 5-5:30 pm Core Burn 5:30-6 pm	Boxing
6:00 pm	CrossFit	Kickboxing	CrossFit	Boxing	CrossFit
7:00 pm	The Grid	The Grid	The Grid	Kickboxing	
8:00 pm					

Time	Saturday	Sunday
9:00 am	Boxing	
10:00 am	The Grid	

Registration for Streets Fitness punch passes can be done in person at Superior Town Hall (124 E. Coal Creek Drive) or online at www.superiorrec.com.

MapMyRun

COMMUNITY TRAIL/ROUTE RECOMMENDATIONS

The Town is facilitating a free and flexible online resource for community residents to share, learn about, and provide feedback on trails in, through and near Superior. Whether you enjoy walking, running, or biking, all abilities are welcome to create a free account on MapMyRun and join the "Town of Superior" group to share your recommended trails. Once signed-up, users can create their own routes, write detailed descriptions, and share their favorite routes with group members. Please visit www.superiorrec.com for more information.



Superior Running Club www.runsuperior.com

The Superior Running Club is a relaxed and very loosely organized (no club officers or charter) group of runners that host runs every Saturday morning at 7:30 a.m. in the summer and 8:00 a.m. the rest of the year. If you are not already on our e-mail list but would like to be, send an e-mail to dann.kramer@yahoo.com and you will be added.

Everyone is invited to join us; there are no dues, and no membership requirements. However, we ask that children 16 years old and under must be accompanied by an adult. The club is open to anyone who would like to come out and join us for some exercise, fun, and socializing with a lot of great people. All experience levels are welcome (walkers, beginners, intermediate, advanced). Our runs are located around the Superior area, and usually last from 45 minutes to an hour (4-6 miles). For those who want a shorter run, we create custom routes for them each week.

If you are just starting an exercise program, it would be a good idea to consult first with your doctor. And while running is not a particularly dangerous endeavor, most people understand it has its risks. If you choose to join us, running as a group is a little safer than running by yourself, and we do make an effort to watch out for each other, but please understand that you will be responsible for your own safety and will be running at your own risk.

Looking for trail running locations near Superior?

www.superiorrec.com has links to several local and County Open Space trail maps. Did you know that the Town has 30 miles of interior trails or that you could be running in pristine open space maintained by the County within minutes of your front door? The Parks and Recreation Department has worked to compile a list of area trail map links that range in difficulty and distance.

HOW TO GET STARTED:

1. Visit www.superiorrec.com to find a trail map and tell someone where you will be running.
2. Find a good pair of trail running shoes - trail-running shoes provide more protection for your feet and have rugged outsoles to improve your traction, key for rocky and slippery routes.
3. Start your trail running experience on a relatively slow and flat trail.
4. Make sure you have plenty of water and dress appropriately.
5. Don't hesitate to walk if needed.
6. Be aware of your surroundings and enjoy your experience!



Yoga in the Park Classes

Yoga is a mind-body exercise that helps with strength, flexibility, balance and relaxation. It is a unique ancient practice that addresses both physical and mental health. Yoga has been known to help people sleep better, reduce stress and regain suppleness to joints (not to mention have a lot of fun!) Enhance your well-being and let yoga serve your overall health.

Class Location: Purple Park in Superior

ABOUT INSTRUCTOR ZHI JENNI LEE:

Avid student of both Western anatomy and Eastern philosophies, Zhi Jenni Lee unifies both into her yoga practice. Certified by renowned master teachers, her classes are sound and specific - a concise blend of dynamic strengthening and deep relaxation.

Zhi started teaching for all walks of life since 2006 – athletes, moms, inner-city kids, and the movie industry. She has since assisted in teacher trainings and been featured in Yoga media. Her passion remains consistent – empowering others to discover a new world on the magic carpet, aka yoga mat.

To register, please visit www.superiorrec.com or stop by Superior Town Hall at 124 E. Coal Creek Drive.



YOGA BLEND & MEDITATION

A sweet unity of dynamic movements and deep stretching, this multi-level class allows you work at your own pace. We will start with a power hour of energetic flow and end with delicious stretching, followed by a taste of meditation. Start your evening right with a serving of this yummy class!

Age: 13 and up

Day: Tuesdays

Date: May 7 - September 24

Time: 5:15-6:30 pm

Note: Time subject to change email zhijenni@gmail.com for the latest schedule.

YOGA WORKSHOP FOR ATHLETES

Athletes have a unique need for Yoga because in repetitive sports, some parts are weakened and some overdeveloped. Yoga for Athletes is an energetic session of Level 2 strengthening and stretching.

Age: 13 and up

Day: First Sunday of every month

Date: June 2, July 7, August 4 & September 1

Time: 3:30-5:00 pm

THERAPEUTIC YOGA

A restorative class designed for adults with injuries and seniors facing chronic tenderness or injuries. Through a slow and safe approach, we can build greater range of movements while enjoying the benefits of relaxation.

Age: Adults & Seniors

Day: First Friday of every month

Date: June 7, July 5, August 2 & September 6

Time: 10:30-11:30 am

Cost: 3 punch pass \$27

6 punch pass \$48

9 punch pass \$63

***1st Class FREE with the purchase of a punch pass!**

*Punch passes may be used for any one specific class or combination of yoga classes throughout the summer.

Please Note: Class times are subject to change. Please e-mail zhijenni@gmail.com for latest class schedule.



Hiking for Fun & Fitness

This beginner activity is for those who not only like to walk, but want to develop their hiking and fitness skills through a coordinated hiking program, all the while enjoying the magnificent scenery that Colorado has to offer along its numerous trails. Weekly hikes will be determined in part by the skill levels of the participants. The objective will be to begin with easy hikes and progress to more difficult hikes towards the end of summer. Learn hiking preparation skills, hiking technique, trail safety and awareness. Great social opportunity to meet other hikers!

Location: Community Park parking lot (unless notified of a different location).

Day: Sunday

Date: May 5 – August 25

Time: 10:00am

Cost: 9 Punch Pass \$40

6 Punch Pass \$25

3 Punch Pass \$15

Please email hiking instructor **Gary Reich** with questions or the latest hiking schedule at goplusfitness.GR@gmail.com. Gary is a Certified Personal Trainer and a Certified Group Fitness Instructor.

Superior Rugby Ready for Adults

NO PRIOR PLAYING EXPERIENCE NEEDED!

Do you want to get in shape without spending hours in the gym? Are you the type of person that likes to exercise with friends? Would you like to try something new and learn a new sport? If you answered yes to any of these questions, we would like to invite you to participate in Rugby Ready. Each Rugby Ready session begins with 20 minutes of stretching, basic drills and exercises followed by a fun 40 minute game of touch-rugby. Sessions will be led by current and former rugby players who live in the community.

Rugby is excellent for developing physical endurance, building self-confidence, learning teamwork, developing quick thinking skills, and best of all, it's a lot of FUN!!

Location: Superior Community Park – Williams (Turf) Field

Ages: 18 & up (coed)

Day: Tuesday

Date: 220005 A May 7 - June 11

Time: 7:00 pm

Cost: \$40 Registration Fee (includes six sessions and Superior Rugby Ready shirt)

(No special equipment needed)



To register, please visit www.superiorrec.com or stop by Superior Town Hall at 124 E. Coal Creek Drive.

Town of Superior Pools

The Town of Superior has two outdoor pools, North Pool and South Pool. The North Pool facility is located at 1650 South Indiana Street and features a heated leisure pool and heated children's wading pool. The South Pool facility is located at 3300 Huron Peak Avenue and features a heated leisure pool with a slide and mushroom fountain and a heated children's wading pool. Both facilities offer a designated lane for lap swimming.

Both North and South Pool will open to the public on Friday, May 24, 2013.

Resident Pool Identification Cards (ID's)

The cost for an Identification Card is \$5.00. Replacement ID's are also \$5.00. All residents 9 years of age or older that live within the Town of Superior need to have a resident photo ID to use both the North and South Pools. Residents under 9 years of age do not need an ID when accompanied by an adult (18 years or older) or a youth 3-17 years old with a current Red Cross or YMCA Babysitter's Certificate that has an ID. If you have an ID with a barcode, you will not need a new card. To receive an ID, proof of residency in the form of a current water bill that is postmarked within 60 days or a current lease document, is required along with a current photo ID. Resident ID's are issued at Superior Town Hall and at the North and South Pools during the pool season. **Pool patrons without a valid Resident ID card will be charged guest fees.**

Guest Policy at the Pools

All guests are required to sign in at the front desk and **MUST** be accompanied by a resident (ages 9 and older) with a recreation ID at all times while at the pools. Fees for guests are:

- age 0-5 (infant) – **Free**
- age 6-17 (child) – **\$2.00**
- age 18-59 (adult) – **\$2.00**
- age 60 + (senior) – **\$2.00**

Guest Punch Card

Residents will now be able to purchase a 20 visit guest punch card. This card can be used for any age guest (6 and older). The cost is just \$35.00 and is good for 20 visits. You can purchase the 20 visit punch card at Town Hall or at the pools. All guests are required to sign in at the front desk and **MUST** be accompanied by a resident age 9 and older.

Pool Party Rental Information

Parties consisting of 10 or more non-family members gathering in an organized group during the normal operating hours of the pools are responsible for making a pool party reservation. This reservation is critical due to the limited life-guard to patron ratio that is in place at each pool.

Fees are charged to reserve the facility for the event and do not cover the entry fees of any non-resident of the Town. These fees cover the cost of an additional lifeguard(s) to be present during the party, and reserves two (or more) pool side tables for the group. Non-residents of the group shall be charged the applicable guest fees separate from any reservation fees. Day time pool party reservations are available only to residents of the Town of Superior; non-residents may not reserve the facility or enter the facility without the accompaniment of a Town of Superior resident. Evening pool rentals are available for non-resident groups.

Please Note: Pool reservations during normal operating hours are non-exclusive. You will be expected to share the pool area with the public.

Fees and policies differ for evening pool party rentals. Both the North and South Pools may be rented for evening pool parties. The hours that the pools may be rented are Sunday through Saturday evenings 8:00-10:00 p.m. Parties must be out of the pool facility by 10:00 p.m.

Please contact the **Parks, Recreation and Open Space** office at **303-499-3675** for availability. All reservations must be made **two weeks** in advance.



North Pool, 1650 S. Indiana, 303-554-5658**Open Swim Hours:** Monday-Friday 11:30 a.m. to 8 p.m., Saturday & Sunday 11 a.m. to 8 p.m.

All other scheduled pool times are limited to Adult Lap Swimmers, Rock Creek Flyers Participants or Swim Lesson Participants only.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6a-7a	Flyers Swim Team (8)	Flyers Swim Team/ Masters Swim (8)	Flyers Swim Team (8)	Flyers Swim Team/ Masters Swim (8)	Flyers Swim Team (8)
7a-10a	Flyers Swim Team (8)	Flyers Swim Team (8)	Flyers Swim Team (8)	Flyers Swim Team (8)	Flyers Swim Team (8)
10a-10:30a	Flyers Swim Team (5) Group Lessons	Flyers Swim Team (5) Group Lessons	Flyers Swim Team (5) Group Lessons	Flyers Swim Team (5) Group Lessons	Flyers Swim Team (5) Group Lessons
10:30a-11:30a	Group Lessons	Group Lessons	Group Lessons	Group Lessons	Group Lessons
11:30a-8:00p	Adult Lap (1) Open Swim	Adult Lap (1) Open Swim	Adult Lap (1) Open Swim	Adult Lap (1) Open Swim	Adult Lap (1) Open Swim

Time	Saturday	Sunday
9:30a-11a		Adult Lap (1)
11a-8p	Adult Lap (1) Open Swim	Adult Lap (1) Open Swim

() Indicates number of lap lanes available or being used.

South Pool, 3300 Huron Peak Avenue, 303-499-3786**Open Swim Hours:** Monday-Friday 10:30 a.m. to 8 p.m., Saturday & Sunday 10:30 a.m. to 8 p.m.

All other scheduled pool times are limited to Adult Lap Swimmers, Rock Creek Flyers Participants or Swim Lesson Participants only.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6a-8:45a	Adult Lap (2)	Adult Lap (2)	Adult Lap (2)	Adult Lap (2)	Adult Lap (2)
8:45a-10:30a	Group Lessons	Group Lessons	Group Lessons	Group Lessons	
10:30a-8p	Adult Lap (1) Open Swim	Adult Lap (1) Open Swim	Adult Lap (1) Open Swim	Adult Lap (1) Open Swim	Adult Lap (1) Open Swim

Time	Saturday	Sunday
8:45a-10:30a	Group Lessons	
10:30a-8p	Adult Lap (1) Open Swim	Adult Lap (1) Open Swim

() Indicates number of lap lanes available or being used.

Back to School “Modified” Pool Schedule

The North and South pool will operate on a modified schedule once Boulder Valley School District resumes classes on August 22, 2013. **Reduced hours will begin August 22, 2013 and run through September 2, 2013**

North Pool Open Swim Hours (Sunday morning adult lap swimming will be suspended):
Monday-Friday 3:30 p.m. to 7:30 p.m., Saturday & Sunday 10:30 a.m. to 8 p.m.

South Pool Open Swim Hours (Weekday morning adult lap swim will be suspended):
Monday-Friday 11 a.m. to 6 p.m., Saturday & Sunday 10:30 a.m. to 8 p.m.

** Pool hours subject to change due to staff availability.*

General Pool Rules

MAIN POOL RULES

- Children under the age of 9 must be accompanied by an adult (18 years and up) or a youth 13-17 years old that has a current Red Cross Babysitter's Certificate.
- Pool patrons must either present a Pool ID card or pay guest fees for admittance.
- “Breakout” or “Adult Swim” will be called at 10 minutes till the top of the hour for Restroom Breaks and Safety Checks.
- A maximum of 195 people (including Aquatic Staff) are allowed at either pool at any time.
- Children who require floatation devices must have an adult within an arm's reach.
- Lifejackets, water wings, floaty swimsuits are allowed at the pools as long as an adult is within arm's reach. Large rafts are prohibited. Small floatation devices may be used if they are not obstructing the lifeguard's ability to scan the pool or affecting the enjoyment of the other patrons in the pool.
- Proper swimming attire must be worn; swim diapers must be substituted for diapers.
- Tobacco and alcohol are not allowed on the premises.
- The Lifeguard, in accordance with the Assistant Pool Manager, has the authority to close the pool whenever unsafe conditions occur.
- Diving, flips and launching are prohibited.
- Unsafe behavior and horseplay is prohibited at the facility
- Showers must be taken before entering the pool.
- Eating is permitted under the shade structure(s).
- Glass objects are not permitted in the pool area.
- Gum is prohibited.
- Pets must remain outside of the facility.
- Town of Superior Aquatic Staff is not responsible for patron's belongings.

WADER POOL RULES

- Children must be supervised by an adult at all times.
- Children must be under the age of 6 to use the wader pool.

SLIDE RULES

- One person on the slide at a time.
- Children with floatation devices may use the slide with an adult.
- Feet first only down the slide.

OTHER FACILITY RULES

- Overnight parking is not allowed at Town facilities without Town permission.
- Motorized vehicles are not permitted on facility grounds, except in the parking lots.





Group Swim Lesson Class Descriptions

PARENT/TOT ONE – Ages 6 months to 18 months (30 minute class)

This class is designed to teach infants and their caregivers basic water adjustment skills. This does not teach children to be accomplished swimmers or survive in the water. One parent per child. Swim diapers are required.

PARENT/TOT TWO – Ages 18 months to 3 years (30 minute class)

This class is designed to teach toddlers and their caregivers basic water adjustment skills. This does not teach children to be accomplished swimmers or survive in the water. One parent per child. Swim diapers are required.

Preschool: Ages 3 to 5

BEGINNER – GUPPIES (30 minute class)

This is a basic beginner course that teaches basic water adjustment and is for children with little water experience. Children must be ready to participate in lessons without their parents. This level helps children become comfortable putting their face in the water, body position and air recovery, and supported floats.

INTERMEDIATE – JELLYFISH (30 minute class)

This class is for children who are able to put their face in the water, blow bubbles, and float on their front and back assisted. This level improves floating on the front and back, and teaches the flutter kick and arm strokes.

ADVANCED – SEA HORSES (25 minute class)

This advanced level will focus on improving stroke skills, improving side-breathing, and stroke endurance. Children must be able to float on their front and back unassisted for 5 seconds, and swim unassisted for 5 feet.

Learn To Swim: Ages 5 and Up

LEVEL 1 – ANGELFISH (30 minute class)

This is the introductory course to the Learn to Swim program. This course is appropriate for children who have some level of comfort in the water, but few swimming skills. Skills to be taught: submerge face and head. Bounce in chest deep water, front and back floats, bubble blowing combined with basic front crawl arm movement, balance control, front and back kicks, basic water rules, reaching assists and use of a Personal Floatation Device.

LEVEL 2 – BARRACUDAS (30 minute class)

Children in this class should be comfortable in the water. They should be able to fully submerge their face, blow bubbles, and float unsupported. Skills to be taught: hold breath and submerge, retrieve submerge objects, orientation to deeper water, prone and back glides, rhythmic breathing, flutter kicks, back crawl, combined front stroke, combined back stroke, turnovers, life jacket use and extension assists from deck.

LEVEL 3 – STINGRAYS (30 minute class)

This class is for children who are able to swim front and back crawl for at least 3 body lengths unassisted. These skills are a necessity as we improve upon them with new strokes throughout this level. Skills to be taught: retrieve submerged object in slightly deeper water with eyes open. Bob in deeper water, jump into deep water with no assistance, kneeling dive, compact dive, front crawl with rhythmic breathing for 15 yards, back crawl, elementary backstroke 10 yards, tread water and diving rules.

LEVEL 4 – SEA OTTERS (30 minute class)

Participants must be proficient in front and back crawl and swimming the length of the pool. This class builds on the skills of front/back crawl and elementary backstroke. Participants learn sidestroke and breaststroke as well as developing stamina for long distance swimming. This is a longer class and participants must be able to do continuous exercise for the class period. Skills to be taught: deep water bobs, front crawl with rotary breathing 25 yards, elementary backstroke 25 yards. Backstroke 25 yards, open turns, basic standing dives and tread water with different kicks.

LEVEL 5 – HAMMERHEADS (30 minute class)

This class works on fine-tuning strokes and endurance swimming. Butterfly strokes and flip turns are introduced. Skills to be taught: butterfly stroke 15 yards, front crawl and back crawl 50 yards with flip turns, tread water for 3 minutes, and stride jump entry.

LEVEL 6/JR LIFEGUARD (30 minute class)

This class is for swimmers looking to advance in their swimming ability and learn the skills that real lifeguards use every day. Completion of Level 5 or comparable stroke ability is required. Participants must be 10-14 years of age. This class will teach participants how to perform lifesaving rescues, treat first aid situations, and identify distressed swimmers. Participants will also increase stroke technique and endurance so they can swim with more ease, efficiency and power. Participants will also be required to complete 5 service hours at the pool upon completion of the class session.

Youth & Adult Private/Semi-Private Swim Lessons

Take a swim lesson with one of our experienced swim instructors. A 30 minute swim session will have you on your way toward advancing in technique and skill ability. Please register for lessons at Town Hall at 124 E. Coal Creek Dr. Once registered, you will be contacted shortly by a Town of Superior Swim Instructor to set up days and times for classes. Youth ages 3-17 and adults ages 18+.

PRIVATE LESSON RATES (one-on-one)

\$30 – 1 Lesson
\$116 – 4 Lessons
\$224 – 8 Lessons;

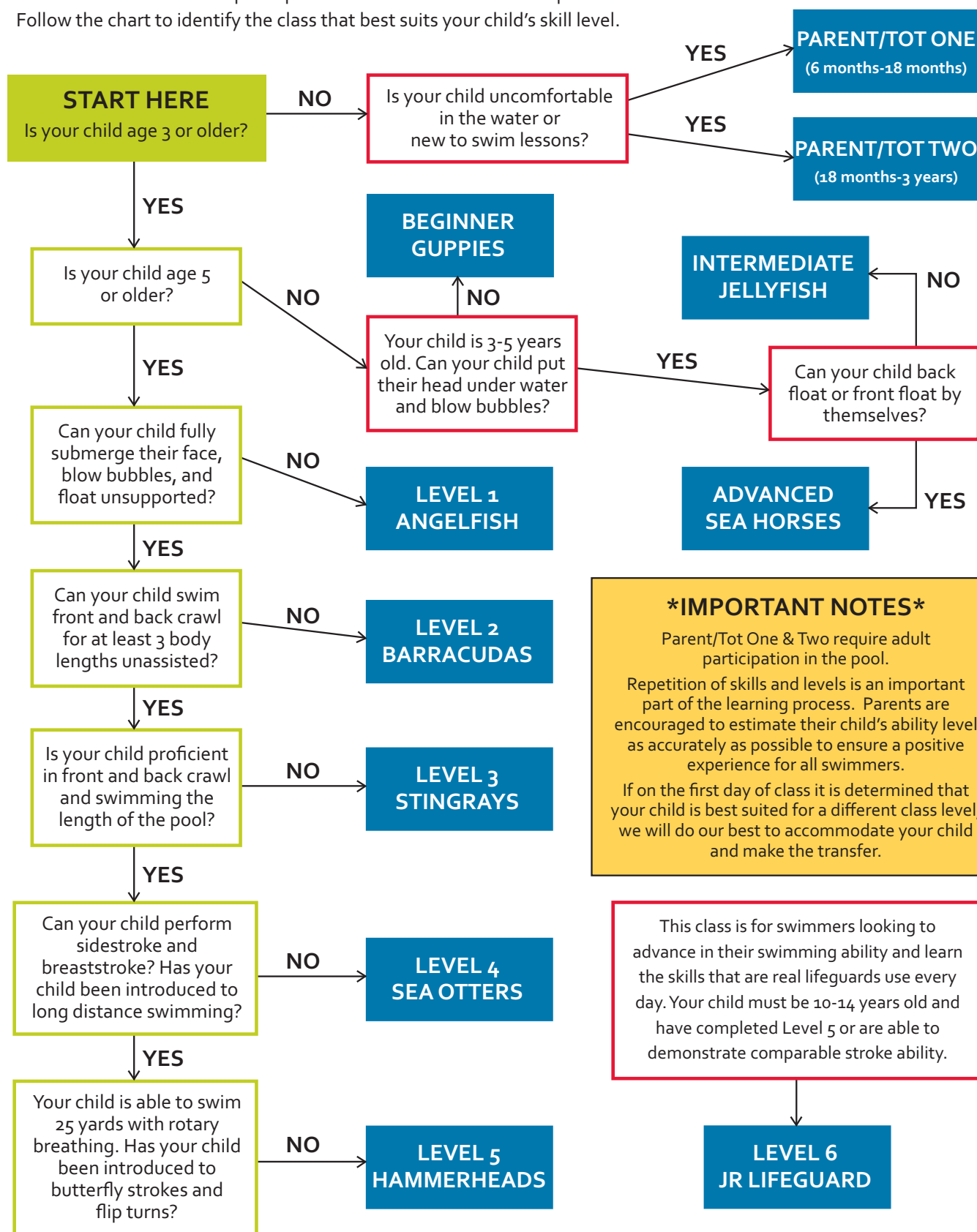
SEMI-PRIVATE RATES (2 swimmers at the same skill level)

\$45 – 1 Lesson
\$176 – 4 Lessons
\$334 – 8 Lessons

Which group swim lesson class is right for your child?

This chart outlines the critical prerequisite skills that determine class placement.

Follow the chart to identify the class that best suits your child's skill level.



IMPORTANT NOTES

Parent/Tot One & Two require adult participation in the pool.

Repetition of skills and levels is an important part of the learning process. Parents are encouraged to estimate their child's ability level as accurately as possible to ensure a positive experience for all swimmers.

If on the first day of class it is determined that your child is best suited for a different class level, we will do our best to accommodate your child and make the transfer.

This class is for swimmers looking to advance in their swimming ability and learn the skills that are real lifeguards use every day. Your child must be 10-14 years old and have completed Level 5 or are able to demonstrate comparable stroke ability.

**LEVEL 6
JR LIFEGUARD**

Summer 2013 Group Swim Lesson Schedule (Register at Town Hall or www.superiorrec.com)

NORTH POOL WEEKDAYS

Session 1

5/28-6/6; Reg. Deadline: 5/24

Cost: R\$35/NR\$45

First Week Class Days: T, W, Th, F

Second Week Class Days: M, T, W, Th

	10:05-10:35	10:40-11:10	11:15-11:45
Parent - Tot One		620001 A	
Parent - Tot Two			
Beginner - Guppies	620003 A		620003 B
Intermediate - Jellyfish	620004 A		620004 B
Advanced - Sea Horses	620005 A		620005 B
Level 1 - Angelfish		620006 A	620006 B
Level 2 - Barracudas		620007 A	620007 B
Level 3 - Stingrays		620008 A	620008 B
Level 4 - Sea Otters	620009 A	620009 B	
Level 5 - Hammerheads	620010 A	620010 B	
Level 6 - Jr Lifeguard			

Session 3

7/8-7/18; Reg. Deadline: 7/5

Cost: R\$35/NR\$45

First Week Class Days: M, T, W, Th

Second Week Class Days: M, T, W, Th

	10:05-10:35	10:40-11:10	11:15-11:45
Parent - Tot One		620001 B	
Parent - Tot Two			
Beginner - Guppies	620003 E		620003 F
Intermediate - Jellyfish	620004 E		620004 F
Advanced - Sea Horses	620005 E		620005 F
Level 1 - Angelfish		620006 E	620006 F
Level 2 - Barracudas		620007 E	620007 F
Level 3 - Stingrays		620008 E	620008 F
Level 4 - Sea Otters	620009 E	620009 F	
Level 5 - Hammerheads	620010 E	620010 F	
Level 6 - Jr Lifeguard			

Session 2

6/17-6/28; Reg. Deadline: 6/14

Cost: R\$35/NR\$45

First Week Class Days: M, T, W, Th

Second Week Class Days: M, T, Th, F

	10:05-10:35	10:40-11:10	11:15-11:45
Parent - Tot One			
Parent - Tot Two		620002 A	
Beginner - Guppies	620003 C		620003 D
Intermediate - Jellyfish	620004 C		620004 D
Advanced - Sea Horses	620005 C		620005 D
Level 1 - Angelfish		620006 C	620006 D
Level 2 - Barracudas		620007 C	620007 D
Level 3 - Stingrays		620008 C	620008 D
Level 4 - Sea Otters	620009 C	620009 D	
Level 5 - Hammerheads	620010 C	620010 D	
Level 6 - Jr Lifeguard			620011 A

Session 4

7/29-8/8; Reg. Deadline: 7/26

Cost: R\$35/NR\$45

First Week Class Days: M, T, W, Th

Second Week Class Days: M, T, W, Th

	10:05-10:35	10:40-11:10	11:15-11:45
Parent - Tot One			
Parent - Tot Two		620002 B	
Beginner - Guppies	620003 G		620003 H
Intermediate - Jellyfish	620004 G		620004 H
Advanced - Sea Horses	620005 G		620005 H
Level 1 - Angelfish		620006 G	620006 H
Level 2 - Barracudas		620007 G	620007 H
Level 3 - Stingrays		620008 G	620008 H
Level 4 - Sea Otters	620009 G	620009 H	
Level 5 - Hammerheads	620010 G	620010 H	
Level 6 - Jr Lifeguard			620011 B

Summer 2013 Group Swim Lesson Schedule (Register at Town Hall or www.superiorrec.com)

SOUTH POOL WEEKDAYS

Session 1

5/28-6/6; Reg. Deadline: 5/24

Cost: R\$35/NR\$45

First Week Class Days: T, W, Th, F

Second Week Class Days: M, T, W, Th

	8:45-9:15	9:20-9:50	9:55-10:25
Parent - Tot One			
Parent - Tot Two		620022 A	
Beginner - Guppies	620023 A		620023 B
Intermediate - Jellyfish	620024 A		620024 B
Advanced - Sea Horses	620025 A		620025 B
Level 1 - Angelfish		620026 A	620026 B
Level 2 - Barracudas		620027 A	620027 B
Level 3 - Stingrays		620028 A	620028 B
Level 4 - Sea Otters	620029 A	620029 B	
Level 5 - Hammerheads	620030 A	620030 B	

Session 3

7/8-7/18; Reg. Deadline: 7/5

Cost: R\$35/NR\$45

First Week Class Days: M, T, W, Th

Second Week Class Days: M, T, W, Th

	8:45-9:15	9:20-9:50	9:55-10:25
Parent - Tot One			
Parent - Tot Two		620022 B	
Beginner - Guppies	620023 E		620023 F
Intermediate - Jellyfish	620024 E		620024 F
Advanced - Sea Horses	620025 E		620025 F
Level 1 - Angelfish		620026 E	620026 F
Level 2 - Barracudas		620027 E	620027 F
Level 3 - Stingrays		620028 E	620028 F
Level 4 - Sea Otters	620029 E	620029 F	
Level 5 - Hammerheads	620030 E	620030 F	

Session 2

6/17-6/27; Reg. Deadline: 6/14

Cost: R\$35/NR\$45

First Week Class Days: M, T, W, Th

Second Week Class Days: M, T, W, Th

	8:45-9:15	9:20-9:50	9:55-10:25
Parent - Tot One		620021 A	
Parent - Tot Two			
Beginner - Guppies	620023 C		620023 D
Intermediate - Jellyfish	620024 C		620024 D
Advanced - Sea Horses	620025 C		620025 D
Level 1 - Angelfish		620026 C	620026 D
Level 2 - Barracudas		620027 C	620027 D
Level 3 - Stingrays		620028 C	620028 D
Level 4 - Sea Otters	620029 C	620029 D	
Level 5 - Hammerheads	620030 C	620030 D	

Session 4

7/29-8/8; Reg. Deadline: 7/26

Cost: R\$35/NR\$45

First Week Class Days: M, T, W, Th

Second Week Class Days: M, T, W, Th

	8:45-9:15	9:20-9:50	9:55-10:25
Parent - Tot One		620021 B	
Parent - Tot Two			
Beginner - Guppies	620023 G		620023 H
Intermediate - Jellyfish	620024 G		620024 H
Advanced - Sea Horses	620025 G		620025 H
Level 1 - Angelfish		620026 G	620026 H
Level 2 - Barracudas		620027 G	620027 H
Level 3 - Stingrays		620028 G	620028 H
Level 4 - Sea Otters	620029 G	620029 H	
Level 5 - Hammerheads	620030 G	620030 H	

Summer 2013 Group Swim Lesson Schedule (Register at Town Hall or www.superiorrec.com)

SOUTH POOL SATURDAYS

Session 1

6/1-6/29; Reg. Deadline: 5/31

Cost: R\$22/NR\$32

	8:45-9:15	9:20-9:50	9:55-10:25
Parent - Tot One	620021 C		
Parent - Tot Two		620022 C	
Beginner - Guppies	620023 I		620023 J
Intermediate - Jellyfish	620024 I		620024 J
Advanced - Sea Horses		620025 I	
Level 1 - Angelfish		620026 I	620026 J

Session 2

7/6-8/3; Reg. Deadline: 7/5

Cost: R\$22/NR\$32

	8:45-9:15	9:20-9:50	9:55-10:25
Parent - Tot One	620021 D		
Parent - Tot Two		620022 D	
Beginner - Guppies	620023 K		620023 L
Intermediate - Jellyfish	620024 K		620024 L
Advanced - Sea Horses		620025 J	
Level 1 - Angelfish		620026 K	620026 L

* **Note:** Group swim lesson registration forms can only be processed at Superior Town Hall located at 124 E. Coal Creek Drive or online at www.superiorrec.com. Registrations cannot be dropped off or processed at either North or South Pool. Town of Superior swim lessons are offered for both residents and non-residents alike. The Wader Pool and Main Pool are not open for general swim during group swim lesson times.

Summer 2013 Private Swim Lesson Class Codes (Register at Town Hall)

NORTH and SOUTH POOL

5/24-9/2; Reg. Deadline: none

Cost: Prices listed under "Class Descriptions"

	1 Class	4 Classes	8 Classes
Youth Private	PRVTSL1	PRVTSL4	PRVTSL8
Youth Semi-Private	SEMPRVT1	SEMPRVT4	SEMPRVT8
Adult Private	PRVTSL1	PRVTSL4	PRVTSL8
Adult Semi-Private	SEMPRVT1	SEMPRVT4	SEMPRVT8



Flyers Masters Swim Program

This is a program for adult swimmers of all swimming abilities. A structured workout will be provided for adults seeking to stay in shape, improve their stroke technique, build endurance, train for competition, and have a group of other adults to swim with. Professional coaching will cater to all swimming abilities and focus on individual improvement to meet your swimming goals. Practices will be held from 5:30 - 6:30 a.m. on Tuesdays and Thursdays at the **North Pool**. Register at Town Hall or www.superiorrec.com.

Day: T/Th

Date: May 15 - August 31

Time: 5:30-6:30 am

Class: MS10 10-Punch Workout Card R \$65/NR \$75

MS20 20-Punch Workout Card R \$130/NR \$140

A Walk through Historic Original Superior

Did you know there is a historic coal mine within minutes of your front door? Join the **Superior Historical Commission** for a leisurely guided walk through original Superior and the historic Industrial Mine site. The walk will begin at the Superior Historical Museum then proceed to picturesque Grasso Park and then to the Industrial Mine site on the Coal Creek Trail. The walk will be led by former residents of the Industrial Mine Camp.

Please join us for this **FREE** event on **May 4 at 2:00 pm** at the Superior Historical Museum located at 2nd Ave. and Maple Street for a different perspective on Superior and its history. All ages are welcome. Please wear durable shoes and keep your pets at home. Cookies for all who complete the walk! **Please RSVP to patrickh@superiorcolorado.gov.**

Wetlands Walk

Wetlands are wonderful! Wetlands are wet! Join local naturalist **Kristin Libberton** for a leisurely evening walk and become acquainted with the birds, frogs, turtles, hawks and insects which inhabit the Town of Superior's wetlands. Participants will learn about what makes wetlands special including the unique plants and soil; how wetlands are formed; their function as a food source; and how they serve as nurseries for animals. Activities, exploration, and fun make this a wetlands adventure not to be missed! Register online at www.superiorrec.com or at Town Hall for this family-friendly educational event!

Day: Thursday

Date: 320002 A July 18

Time: 6:30-8:00 pm

Cost: \$15 per household

Min/Max: 8/30

Location: The open space area south of Rock Creek Circle and Torreys Peak Drive, on-street parking available.

Registration Deadline: July 12



Colorado Predators

Sharp teeth, sharp vision and keen hunting skills make people take pause when they come across Colorado predators. Join local naturalist **Kristin Libberton** to learn more about the fascinating lifestyles of bears, lions, coyotes and other local wildlife. We'll talk biology, play games and do activities to find out what it feels like to be the predator and their prey. Register online at www.superiorrec.com or at Town Hall for this family-friendly educational event!

Day: Thursday

Date: 320001 A May 16

Time: 6:30-8:00 pm

Cost: \$15 per household

Min/Max: 8/30

Location: Rocky Mountain Fire District, Station 5 Community Room (S. Indiana St. and Coalton Rd.)

Registration Deadline: May 10



i9 Sports

We believe that the primary reason children play sports is to have fun. They love mastering new skills, developing friendships, and healthy competition. i9 works on developing character, the value of teamwork, fair play and good sportsmanship. Team sports are one of the best ways to help children develop physically and emotionally. Youth sports develop life skills, promote a healthy lifestyle, and increase self-esteem. Our instructors have an athletic background and experience working with young athletes.

Is your child just getting interested in sports or need an activity to burn off some excess energy? Then this camp is for you. Your child will have fun playing Flag Football, Soccer, T-Ball, Relay Races and Tag games. This camp will focus on fundamentals while gaining an interest in sports. The camp is designed to let children experience different sports and physical activities in a fun learning environment. Each day we will highlight a sportsmanship value for the kids to focus on. The instructors will award sportsmanship medals to each participant of their sportsmanship values at the end of camp.

Location: Community Park

NOTE: All equipment needed to play is provided. Participants should wear appropriate clothing and sunscreen; bring a snack, water bottle and running shoes.

Ages: 4-7

Day: Monday-Friday

Date: 420035 A June 17-21

Time: 9:00 am-12:00 pm

Cost: \$109 (includes t-shirt & award)

Min/Max: 8/40

Your child will have fun playing Basketball, Flag Football, Dodge Ball, Relay Races and Kickball. This camp will explore positioning, defense, offense, passing, receiving and running. Each level takes the skills taught and applies them on the field during fun drills and scrimmages. We provide a positive and energetic environment where your child stays active on the field. They are provided with the very best instruction geared toward improving skills. The instructors will award sportsmanship medals to each participant of their sportsmanship values at the end of camp.

Location: Community Park

Ages: 8-12

Day: Monday-Friday

Date: 420035 B June 17-21

Time: 9:00 am-12:00 pm

Cost: \$109 (includes t-shirt & award)

Min/Max: 8/40

Registration Deadline: 5 business days before session begins

To register, please visit www.superiorrec.com

Ultimate Frisbee Camp – Coed

Ultimate Frisbee is an exciting, non-contact team sport that mixes elements from soccer, basketball, and American football into one high energy game. The camp will be coached by veteran coaches, experienced college, and elite club players from all over the country. Learn, play and have fun with Ultimate! Discs are provided - free disc with registration. Cleats or running shoes are required, no other equipment needed.

Location: Community Park – West Multipurpose Fields

Ages: 10-14

Date: 420037 A June 17-20

Time: 9:00 am-12:00 pm

Cost: \$70

Minimum: 14

Local Youth Sports Organizations

The Town of Superior proudly partners with local youth sports organizations. For more information please visit the following websites:



Superior Mustang Youth Football
www.superiormustangs.com



Monarch
Little
League

Monarch Little League Baseball
www.monarchlittleleague.leag1.com/



Superior Rugby
www.superiorrugby.com/



Rock Creek Flyers Swim Team
www.eteamz.com/rockcreekflyers1/

Seventh Annual • Ages 6 - 16

MARCELO BALBOA SUMMER SOCCER CAMPS

Williams Field at
Community Park
1350 Coalton Road,
Superior, CO

OUR PHILOSOPHY

We feel that **soccer camp** should be a **fun experience**. Our goal is to provide a fun, challenging environment where campers have an **opportunity to develop** both as **individuals** and as **soccer players**.

CAMP ACTIVITIES

As a camp participant, each day you'll: Do warm-up and stretching combined with fun games • Work on technical training, dribbling, receiving, ball control, heading and shooting • Play mini games where newly learned skills are applied • Finish the day with cool down & stretching.

CAMP COST

One week: First participant \$135; additional sibling discount rate: **\$105**
Two weeks: First participant \$215; additional sibling discount rate: **\$175**
Three weeks: First participant \$310; additional sibling discount rate: **\$260**



Mail Registration form and payment to:

Town of Superior Rec. Office 127 Coal Creek Dr.
Superior, CO 80027 • Phone: 303-499-3675

Or register online at www.superiorrec.com

CAMP DAYS

Week 1: May 28 - May 31

9:00 am - 1:30 pm

CODE: **420051A**

REGISTRATION DEADLINE: 5/27/13

Week 2: June 3 - 7

9:00 am - 1:00 pm

CODE: **420051B**

REGISTRATION DEADLINE: 5/31/13

Week 3: July 15 - 19

9:00 am - 1:00 pm

CODE: **420051C**

REGISTRATION DEADLINE: 7/12/13

Multiple week class codes:

Week 1 & 2: **420052A** Register by 5/27

Week 1 & 3: **420052B** Register by 5/27

Week 2 & 3: **420052C** Register by 5/31

All 3 weeks: **420053** Register by 5/27

SkateStart™

Hey skaters and future skaters! Come by the South Pool Skate Park and learn how to skate the half-pipe like a pro with SkateStart™. These special one hour clinics will teach you how to drop in, kick turn, axle stall, and much more. Did we mention we have a ton of FUN - Sign up now and we'll see you there. Space is limited to 12 participants!

ABOUT INSTRUCTOR PATRICK O'TOOLE

Patrick has been skateboarding for 24 years and is the owner of SkateStart™. He has taught skateboarding techniques and skills for 12 years and has worked with Ryan Sheckler and Riley Hawk. Patrick holds certificates in CPR, concussion awareness and personal training, and is a father of an 8 year old son. With his knowledge and experience, you can rest assured you're learning from someone that puts the participant first.

Age: 6-14

Day: Clinics will meet on Mondays

Date: 420021 A May 27 \$15

420021 B June 17 \$15

420021 C July 15 \$15

420021 D August 12 \$15

420021 E May 27 - August 12 \$50

Time: 1:00-2:00 pm

Doodlebugs Art Studio

Do you have a future Picasso in the family, or do you have a child that just loves art and creativity? If so, Doodlebugs Art Studio and The Town of Superior have partnered together to offer activities that are right up your alley! **Space in these classes is very limited, please sign-up early.** To register, please visit www.superiorrec.com.

Location: Purple Park Shelter, 1310 S. Pitkin Ave.

ART & LITERATURE CAMP

We will explore the worlds of Eric Carle and other amazing authors to create art inspired by the books and make each story come alive! Children will paint, experiment with color and texture and create their own masterpieces! Campers should bring a sack lunch, a water bottle and wear sunblock.

Ages: 5 to 9

Day: Monday-Friday

Date: 520012 A July 15 - 19

Time: 10:00 am-1:00 pm

Cost: \$135

FIBERS AND TEXTILES CAMP

Join us this week and create pieces of art using techniques such as tie-dying, string painting, batik and paper making. Campers should bring a sack lunch, a water bottle and wear sunblock.

There is a \$10 supplies fee for this camp.

Ages: 10 to 14

Day: Monday-Friday

Date: 520013 A July 22 - 26

Time: 10:00 am-1:00 pm

Cost: \$135

ART EXPLORATION CAMP

Campers will enjoy an exploration in art through a variety of techniques and mediums. Throughout the week we will paint on canvas make a collage frame, work with clay, batik, crayon resist, make tie-dye painted t-shirts, painted rock families, create fun flip flops and time treasures! Campers should bring a sack lunch, a water bottle and wear sunblock.

There is a \$10 supplies fee for this camp.

Ages: 7 & up

Day: Monday-Friday

Date: 520014 A June 10 - 14

520014 B June 24 - 28

Time: 10:00 am-1:00 pm

Cost: \$155



Globalsound Studio Music Academy

Globalsound Studio offers music education at a recreational and professional level while making classes enjoyable and fun for your little one. Do you want to introduce music to your newborn or toddler? Then you won't want to miss out on the Lil' Academy of Rock Music classes in the Park. This class is designed to give every child a head start and love for music. Perfect for moms or dads and their young ones. Enjoy a time of dance, music, singing and play. Come and let your lil' rock star explore the music within! To register, please visit www.superiorrec.com.

Location: Purple Park Shelter, 1310 S. Pitkin Ave.

Lil' Academy of Rock Music in the Park

Ages: Newborn to 3 years

Day: Tuesday & Thursday

Date: 520040 A June 25, June 27, August 1

520040 B July 9, July 11, August 1

Time: 9:30-10:30 am

Cost: \$30

August 1st class will be held at GlobalSound Studio

Located at: 555 Alter St., Unit 19-F, Broomfield, 80026

Phone: 303-439-7956

Entrance located on the North side of the building.

Tell us what you think

The Parks, Recreation and Open Space Department has revised the *Class Evaluation Form* to make the process faster and more efficient. The new evaluation is web-hosted and consists of six simple questions pertaining to your class experience. We are always interested in hearing your feedback about the activities we offer.

To fill out the evaluation please visit www.superiorrec.com.

General Activity Evaluation

1. Class or Program Name:

2. Rate the instructor's organization, preparedness and timeliness:

☐ 1 Poor
☐ 2 Fair
☐ 3 Average
☐ 4 Good
☐ 5 Excellent

3. Rate the instructor's activity knowledge and their ability to provide instruction:

☐ 1 Poor
☐ 2 Fair
☐ 3 Average
☐ 4 Good
☐ 5 Excellent

4. Did you or your child's skill level improve as a result of this activity?

☐ Yes
☐ No

5. Would you recommend this activity to your family or friends?

On the scale: ☐ Never-1 ☐ 2

6. Please share any comments you have about the activity or instructor.

Play-Well TEKologies LEGO™ Summer Break Camps

PRE-ENGINEERING WITH LEGO® (Ages 5-7)

Let your imagination run wild with over 100,000 pieces of LEGO®! Build engineer designed projects such as boats, bridges, mazes, and motorized cars. Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

Location: TBD

Day: Monday-Friday

Date: 520031 A July 15 - 19

Time: 9:00 am-12:00 pm

Cost: \$150

Min/Max: 11/22

Registration Deadline: 5 business days before session begins

ENGINEERING FUNDAMENTALS WITH LEGO® (Ages 8-12)

Power up your engineering skills with Play-Well TEKologies and over 100,000 pieces of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, motorized gondolas, and the Battltrack! Challenging for new and returning students.

Location: TBD

Day: Monday-Friday

Date: 520031 B July 15 - 19

Time: 1:00-4:00 pm

Cost: \$150

Min/Max: 11/22

Registration Deadline: 5 business days before session begins



2013 TOWN OF SUPERIOR COMMUNITY EVENTS

**APRIL
20**

**ARBOR DAY & OFFICIAL PARK
NAMING CEREMONY**
10:00 AM - 12:00 PM
FOUNDERS PARK (FORMERLY TOWN 9)



**MAY
3-4**

SPRING COMMUNITY GARAGE SALE
FRIDAY & SATURDAY
8:00 AM - 12:00 PM
SUPERIORGARAGESALE.COM



**JUNE
26**

BIKE TO WORK DAY
6:30 AM - 9:00 AM
WHOLE FOODS PATIO

**MAY
17,18,19**

SUPERIOR MORGUL
FRIDAY, SATURDAY, SUNDAY
TIMES VARY
SUPERIORMORGUL.COM

**JULY
4**

**JULY 4TH CELEBRATION
PARADE AND PANCAKES
RACE AND FESTIVAL**
7:00 AM - 12:00 PM
@ COMMUNITY PARK

**SEPT.
7**

CHILI FEST
2:00 - 6:00 PM
@ COMMUNITY PARK

NEW TIME!



VOLUNTEER OPPORTUNITIES

Looking for a way to make a difference in
your community?

VOLUNTEER with the Town of Superior!

Community Event Opportunities:

- Arbor Day
- Superior Morgul
- July 4th Celebration
- Bike to Work Day
- Chili Fest
- National Day of Service

Parks Project Opportunities:

- Park/Trail Projects
- Park/Open Space Clean Up
- Creek Clean Up
- Coyote Crew

Group Opportunities Available

CONTACT:

volunteerops@superiorcolorado.gov
303-499-3675

WWW.SUPERIORREC.COM



Boulder Valley Ice

Boulder Valley Ice offers recreational skating, hockey and birthday parties. All classes listed below include skate rental. Don't forget to check in at the front desk and dress warm! For more information, visit www.bvice.com or call 303.494.4777. For class specific questions email Juilz Pettit at jpettit@bvice.com. **Location:** 125 Superior Plaza Way, Superior.

ADULT ALL LEVELS (Ages 14+)

Day: Saturday

Date: 220001 A May 4 - June 8

Time: 1:10-1:40 pm

Cost: \$70

FREE SKATE 1-6 (All Levels All Ages)

Skills covered: Figure skating elements. Participant must have tested through Basic Skills 1-8. **Please contact your BV Ice instructor for the level that best fits your ability.**

Day: Saturday

Date: 220002 A May 4 - June 8

Time: 1:45-2:15 pm

Cost: \$70

Registration Deadline: 5 business days before session begins



SNOWPLOW SAM 1 (Ages 3-5)

Skills covered: Stand and sit with skates on/off ice, sit and stand up on/off ice, march in place, march forward, 2-foot glide and dip in place.

Day: Thursday

Date: 420002 A April 25 - May 30

Time: 4:00-5:00 pm

Cost: \$70

Day: Saturday

Date: 420002 B May 4 - June 8

Time: 1:10-1:40 pm

Cost: \$70

Day: Saturday

Date: 420002 C May 4 - June 8

Time: 1:45-2:15 pm

Cost: \$70

Day: Saturday

Date: 420002 D June 22 - August 3

Time: 1:00-1:30 pm

Cost: \$70

Day: Saturday

Date: 420002 E June 22 - August 3

Time: 1:35-2:05 pm

Cost: \$70

Min/Max: 2/15

Registration Deadline: 5 business days before session begins

SNOWPLOW SAM 2 (Ages 3-5)

Skills covered: March and glide, moving dip, backward wiggles, 2-foot swizzles, rocking horse and 2-foot hop.

Day: Thursday

Date: 420003 A April 25 - May 30

Time: 4:00-5:00 pm

Cost: \$70

Day: Saturday

Date: 420003 B May 4 - June 8

Time: 1:10-1:40 pm

Cost: \$70

Day: Saturday

Date: 420003 C June 22 - August 3

Time: 1:00-1:30 pm

Cost: \$70

Min/Max: 2/15

Registration Deadline: 5 business days before session begins

Boulder Valley Ice *continued***SNOWPLOW SAM 3 (Ages 3-5)**

Skills covered: Forward skating. 1-foot glide, forward swizzles, backward swizzles, snowplow stop and curves.

Day: Thursday

Date: 420004 A April 25 - May 30

Time: 4:00-5:00 pm

Cost: \$70

Day: Saturday

Date: 420004 B May 4 - June 8

Time: 1:45-2:15 pm

Cost: \$70

Day: Saturday

Date: 420004 C June 22 - August 3

Time: 1:35-2:05 pm

Cost: \$70

Min/Max: 2/15

Registration Deadline: 5 business days before session begins

BASIC 1 (Ages 6-13)

Skills covered: Sit on ice and stand up, forward marches, 2-foot glide, dip, forward swizzles, backward wiggles, snowplow stop, rocking horse, and 2-foot hop.

Day: Thursday

Date: 420006 A April 25 - May 30

Time: 4:00-5:00 pm

Cost: \$70

Day: Saturday

Date: 420006 B May 4 - June 8

Time: 1:10-1:40 pm

Cost: \$70

Day: Saturday

Date: 420006 C June 22 - August 3

Time: 1:00-1:30 pm

Cost: \$70

Day: Saturday

Date: 420006 D June 22 - August 3

Time: 1:35-2:05 pm

Cost: \$70

Min/Max: 2/15

Registration Deadline: 5 business days before session begins

BASIC 2 (Ages 6-13)

Skills covered: 1-foot glide, backward 2-foot glide, backward swizzles, 2-foot turn, moving snowplow stop and alternating swizzles.

Day: Thursday

Date: 420007 A April 25 - May 30

Time: 4:00-5:00 pm

Cost: \$70

Day: Saturday

Date: 420007 B May 4 - June 8

Time: 1:10-1:40 pm

Cost: \$70

Day: Saturday

Date: 420007 C June 22 - August 3

Time: 1:35-2:05 pm

Cost: \$70

Min/Max: 2/15

Registration Deadline: 5 business days before session begins

BASIC 3-8 (Ages 6-13)

Skills covered: Forward stroking, ½ swizzle pumps, forward to backward 2-foot turn, backward 1-foot glide, forward slalom, 2-foot spin, edges, turns, stops, spin jumps, and other figure skating elements. **Please contact your BV Ice instructor for the level that best fits your ability.**

Day: Thursday

Date: April 25 - May 30

420008 A Level 3

420008 B Level 4

420008 C Level 5

420008 D Level 6

420008 E Level 7

420008 F Level 8

Time: 4:00-5:00 pm

Cost: \$70

Day: Saturday

Date: May 4 - June 8

420009 A Level 3

420009 B Level 4

420009 C Level 5

420009 D Level 6

420009 E Level 7

420009 F Level 8

Time: 1:45-2:15 pm

Cost: \$70 Per Level

Boulder Valley Ice *continued*

BASIC 3-8 (Ages 6-13)

Day: Saturday

Date: June 22 - August 3

420010 A Level 3

420010 B Level 4

420010 C Level 5

420010 D Level 6

420010 E Level 7

420010 F Level 8

Time: 1:35-2:05 pm

Cost: \$70

Min/Max: 2/15

Registration Deadline: 5 business days before session begins

LEARN TO PLAY HOCKEY

If you have a child 10 years of age or younger that would like to learn to play hockey, then this is the class for you. Little to no hockey experience is needed. Includes skate rental, 30 minute lesson and a 20 minute scrimmage / practice time. **(Child must be 10 or under)**

To register visit www.superiorrec.com.

Day: Thursday

Date: 420012 A April 25 - May 30

Time: 4:00-4:50 pm

Cost: \$90

Day: Saturday

Date: 420012 B May 4 - June 8

Time: 12:00-12:50 pm

Cost: \$90

Day: Saturday

Date: 420012 C May 4 - June 8

Time: 1:00-1:50 pm

Cost: \$90

Day: Saturday

Date: 420012 D June 22 - August 3

Time: 1:00-1:50 pm

Cost: \$90

Registration Deadline: 5 business days before session begins

3 vs 3 POND HOCKEY LEAGUE

This is great summer fun for the kids. This league runs for 10 weeks and is divided by age group. They play a 1 hour game that is refereed with teams BV Ice puts together, with 12-16 kids per team for Mites and 10-16 kids per team for all other levels.

To register visit www.superiorrec.com.

Ages: Mites (8 & under)

Day: Wednesday

Date: 420015 A June 5 - August 7

Time: 4:00-6:50 pm

Cost: \$199

Ages: Squirts (9 & 10)

Day: Saturday

Date: 420015 B June 8 - August 10

Time: 9:00 am-12:20 pm

Cost: \$250

Ages: PeeWees (11 & 12)

Day: Sunday

Date: 420015 C June 9 - August 11

Time: 9:00 am-12:20 pm

Cost: \$250

Ages: Bantam/Midgets (13 & 16)

Day: Monday

Date: 420015 D June 3 - August 5

Time: 4:00-7:20 pm

Cost: \$250

Registration Deadline: 5 business days before session begins





The Y Way to Play

Fun. Sportsmanship. Opportunity. Progressive Competition. Community.

The Y Way to Play is a commitment for all to learn, grow and have fun through sports. Our goal is to build a community in which everyone has opportunity for youth development, healthy living and social responsibility through Y Sports programs. Sports provide everything—whether it is enjoyment and values to coaching and learning to rise to another level. Sports teach life and the right way to play it. Play the Y Way.

Sports Camp

YMCA Jr. Buffs Tennis Camp (ages 7-16)

Tennis camps are a great way to take your game rapidly to the next level. Players are grouped according to age and ability level to optimize the learning while making it a fun social experience as well. Just less than three hours is the perfect length of time to get a great workout, hit many balls and get a lot of playing experience. Camps are a wonderful combination of fun, learning and exercise. Each camp session runs Monday-Friday morning.



YMCA Jr. Buffs & Adult Tennis

Our mission is to help develop all dimensions of the players' abilities, including mental, emotional and social skills, in addition to the physical skills required to become a complete tennis player. The focus is always on making the game fun and enjoyable while engaging all players throughout the class. Y Tennis Pro Ted Murray's 38 years of global experience teaching players of all ages and abilities brings a special energy to the program that will inspire all players to make tennis their sport for a lifetime. Sessions run March-November, so come see us at the North Pool Courts in Superior.

Adult Programs (ages 18+)

- Cardio Tennis
- Adult Newcomers
- USTA 3.0 Leagues
- Tournaments
- Private Lessons

YMCA Jr. Buffs Youth Programs

- Little Stars (Ages 5-8)
- Emerging Stars (Ages 8-10)
- Shooting Stars (Ages 10-14)
- Aces (Ages 10-16)
- Tennis Camps (Ages 7-16)
- CARA Leagues (Ages 7-16)
- World Team Tennis League (Ages 7-16)
- Private Lessons (Ages 4+)

Visit www.ymcabv.org for more info and to register.

For more info on tennis programs, call 720-402-2669 or contact Ted.Murray@ymcabv.org.

Lacrosse

SUMMER STICKS & SKILLS

Beginning players (boys and girls) will learn about the great game of lacrosse in a fun, coed environment. No equipment is required! We will provide sticks for all and play in a non-contact manner. Players will practice the basic skills of passing, catching, dodging and shooting while learning about the rules of the sport in weekly scrimmages. This is a great way to gain experience and build confidence before participating in one of our lacrosse leagues.

Location: Arapahoe Y Turf Field, West Field-Superior Community Park and Broomfield (TBD)

Age: 6-14

Day: Sunday

Date: July 14 - August 18

Time: 1:00-2:00 pm

Fees (M/SR/NM): \$50/\$60/\$70

SUMMER FAMILY STICKS & SKILLS

Parents, join your sons and daughters to learn about the great game of lacrosse in a fun, coed environment! No equipment is required. We will provide sticks for all and play in a non-contact manner. Parents and kids will practice the basic skills of passing, catching, dodging and shooting while learning about the rules and traditions of the sport in weekly scrimmages. This is a great way to gain experience, build confidence and spend quality time with your child before he or she participates in one of our lacrosse leagues.

Location: Arapahoe Y Turf Field, West Field-Superior Community Park and Broomfield (TBD)

Age: 5-14

Day: Sunday

Date: July 14 - August 18

Time: 2:00-3:00 pm

Fees (M/SR/NM): \$50/\$60/\$70

Fee covers one adult and one child; additional participants: \$25

Soccer Camp

CHALLENGER BRITISH SOCCER CAMP (3-16 years)

Sign up today for the most popular soccer camp in the US this summer! All registration is online at www.challengersports.com. Sign up early for a FREE Challenger British Soccer jersey. All campers receive a soccer ball and tee shirt.

Location: Superior Community Park, Williams Field

Age: 3-16

Date: July 8 - 12

Time: 9:00 am-3:00 pm Monday-Thursday
9:00 am-12:00 pm Friday

Program Fees: Register at www.challengersports.com

M/NM (YMCA Member/Non-Member)

SR (Superior Resident)

ACD (After Close Date)

Softball/Baseball

FOUR STAR BASEBALL RECREATIONAL TRAVEL LEAGUE

The Y is joining the best traveling recreational league on the front range this spring/summer. Teams will practice twice per week in April and May until games start; then, have one-two games per week in June and July, as well as a season ending tournament at the end of July. Players must meet age requirements as of June 1, 2012.

Four Star Baseball: For the Kids

Ages: 9-10 Pee Wee

11-12 Juniors

13-14 Seniors

Fees (M/SR/NM): \$105/\$125/\$145

Practices Start: The week of April 1

Games Start: The week of June 3

Location: Home Games/Practices will be at Superior Community Park

More details coming soon at www.ymcabv.org.

MINI SLIDERS (3 years old Parent/Tot program)

Parent Involvement Needed!

Mini Sliders is the foundation for your little baseball player. Parent involvement is needed and welcomed; as the mini athletes enjoy learning with their mom/dad, creating a great experience for the family! The program will focus on introducing the game, learning fundamentals and having fun.

Location: Superior Community Park

Age: Coed 3 years

Date: June 15 - July 27

• No program July 1-7

Time: 9:00-9:45 am

Fees (M/SR/NM): \$45/\$53/\$60

SUMMER REC SOFTBALL (1st-6th grade)

YMCA Rec Softball uses modified rules designed to teach the fundamentals and skills of the sport. All teams will practice once a week for an hour. Players must have a good pair of tennis shoes or cleats and a softball glove. All other equipment will be provided. If interested in coaching, please contact Melanie Huggins at melanie.huggins@ymcabv.org.

Registration Close Date: June 3

Location: Superior Community Park

Practice Starts: June 10

Grade: 1st-3rd

4th-6th

Dates: Saturdays, June 15 - August 3

• No games or practices July 1-7

Time: 10:00 am-4:00 pm

Fees (M/SR/NM): \$60/\$73/\$85 (additional \$15 ACD)

M/NM (YMCA Member/Non-Member)

SR (Superior Resident)

ACD (After Close Date)

Programs in action...



Baseball *continued*

SUMMER REC BASEBALL (4 years-2nd grade)

YMCA Rec Baseball uses modified rules designed to teach fundamentals and skills. Kindergarten-2nd grade will practice once a week for an hour. Little Sluggers (4-5 years old) will have 25 minute practices followed by a 25 minute game. Players must have a good pair of tennis shoes or cleats, long pants and a baseball glove. All other baseball equipment will be provided.

Registration Close Date: June 3

Location: Superior Community Park

LITTLE SLUGGERS (4-5 years old, coed)

Practice Starts: June 15

Dates: Saturdays, June 15 - August 3

- No games or practices July 1-7

Time: 10:00 am-4:00 pm

Fees (M/SR/NM): \$50/\$60/\$70 (additional \$15 ACD)

KINDERGARTEN-2nd Grade

Practice Starts: June 10

Dates: Saturdays, June 15 - August 3

- No games or practices July 1-7

Time: 10:00 am-4:00 pm

Fees (M/SR/NM): \$60/\$73/\$85 (additional \$15 ACD)

M/NM (YMCA Member/Non-Member)

SR (Superior Resident)

ACD (After Close Date)



Parks, Recreation, Open Space and Trails

